



Wireless Heart Rate Monitor

63-1520

Step One

Heart Rate Training Zone

To achieve the maximum health benefits from your workout, it is important to know your heart rate training zone. Your training zone is your maximum upper and lower heart rate (beats per minute) during exercise. Calculate your upper and lower heart rate limit using this formula:

Men: $220 - \text{age} = \text{MHR}$
Women: $230 - \text{age} = \text{MHR}$

Multiply your MHR by the percentages of the selected training zone. There are three training zones that are related to your MHR:

- Health Maintenance Zone (70% – 60%) — The lowest training intensity. For beginners and those who want to strengthen their cardiovascular system.
- Aerobic Exercise Zone (80% – 70%) — Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories, and can be maintained over a longer period of time.
- Anaerobic Exercise Zone (90% – 80%) — Generates speed and power. It works at or above the body's oxygen intake capability and builds more muscle, but cannot be maintained over a long period of time.

For example, a 30-year old female who wants to determine her aerobic exercise zone would calculate it as follows:

$230 - 30 = 200$ (MHR)
 $200 \times .80 = 160$ (Upper limit)
 $200 \times .60 = 120$ (Lower limit)

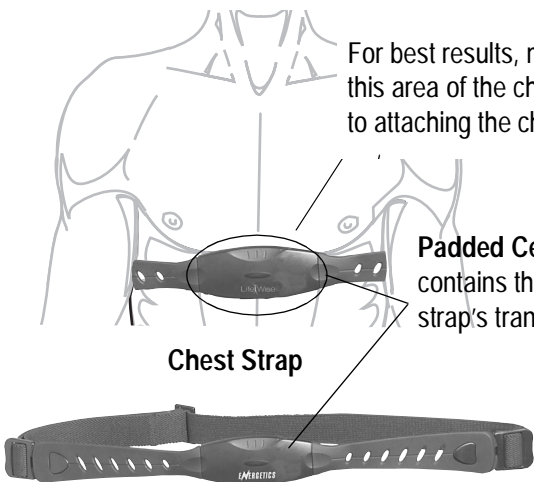
What's Included

- Watch/Monitor
- Chest Strap
- Bike Mount
- Storage Pouch

Receiver Watch



For best results, moisten this area of the chest prior to attaching the chest strap



Padded Center — contains the chest strap's transmitter

Chest Strap

Bike Mount — Attach to your bicycle handlebars when riding. Then, fasten the watch around the bike mount.



Storage Pouch — Lets you conveniently carry your heart rate monitor wherever you go.



Step Two

Setting the Date and Time

1. Repeatedly press **MODE** until the time and date appear.
2. Hold down **SET** until the clock format flashes (12 or 24 hour format). Press **ST/SP+** to select the desired format.
3. Press **SET**. The hour digit flashes. Repeatedly press **ST/SP+** to set the hour. **PM** appears for a PM hour.
4. Press **SET**. The minutes flash. Repeatedly press **ST/SP+** to set the minutes.
5. Press **SET**. The year digits flash. Repeatedly press **ST/SP+** to set the year (2001 to 2050).
6. Press **SET**. The date format flashes (**M D** or **D M**). Press **ST/SP+** to select format.
7. Press **SET**. The month digits flash. Repeatedly press **ST/SP+** to set the month.
8. Press **SET**. The date digit flashes. Press **ST/SP+** to set the date.
9. Press **SET** to enter **ZONE/TIME** mode. The corresponding time zone digit flashes. Press **ST/SP+** to select your time zone.
10. Press **SET** to confirm and return to normal display.

Step Three

Setting the Alarm

1. Repeatedly press **MODE** until **ALARM** and the current alarm time appear.
2. Hold down **SET** until the hour digits flash and **▶** appears. Repeatedly press **ST/SP+** to set the hour.
3. Press **SET**. The minute digits flash. Repeatedly press **ST/SP+** to set the minutes.
4. Press **SET** to confirm.
5. When the alarm is activated, it sounds at the set time every day. Press any button to silence it.
6. To turn off the alarm feature, repeatedly press **MODE** until **ALARM** and the current alarm time appear. Press **SET** until **▶** disappears. Repeatedly press **MODE** to return to normal time display.

Step Four

Setting the User Profile

Before monitoring your heart rate, you must first enter your gender, age, weight, height, and activity score.

1. Repeatedly press **MODE** until **USER** appears.
2. Hold down **SET** until **SEX** appears.
3. Press **ST/SP+** to select **F** or **M**.
4. Press **SET**. **AGE** appears and the current age flashes. Repeatedly press **ST/SP+** to select your age (5–99).
5. Press **SET**. **WEIGHT** and the current weight appear.
6. Repeatedly press **ST/SP+** to choose the display format (**kg** or **lbs**).
7. Press **SET**. The weight digits flash. Repeatedly press **ST/SP+** to set your weight.

8. Press **SET**. **HEIGHT** and the current height appear.

9. Press **ST/SP+** to choose the display format (**cm** or **in**).

10. Press **SET**. The height digits flash. Press **ST/SP+** to select your height.

11. Press **SET**. **ACT** and the current activity score appear.

Activity Score represents your general physical activity. If you do not regularly exercise, your score is **0** (low). If you participate two or three times a week for one hour in modest physical activity, such as golf, horseback riding, gymnastics, table tennis, bowling, weight lifting, and yard work, your score is **1** (medium). If you regularly participate in heavy physical exercise such as running, jogging, swimming, cycling, or skipping rope, your score is **2** (high).

12. Press **SET**. Your fitness index (range 1 – 76) appears. Your fitness index is based on your aerobic fitness, or your capacity to engage in forms of aerobic exercise. The higher the index, the fitter you are.

Step Five

Setting the Timer

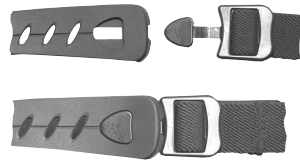
To use the timer, you need to set your target activity and exercise time.

1. Repeatedly press **MODE** until **TIMER**, the current set timer, and **♥** appears.
 2. Hold down **SET** until **T**, **ACT**, and the current activity score appear.
 3. Press **ST/SP+** to select your activity score determined in your User Profile (0, 1, 2).
 4. Press **SET**. **LOWER** appears and the current heart rate zone limit flashes. Repeatedly press **ST/SP+** to select your lower heart rate limit (30–220).
 5. Press **SET**. **UPPER** appears and the current heart rate zone limit flashes. Repeatedly press **ST/SP+** to select your upper heart rate limit (80–240).
 6. Press **SET**. **ALERT** appears and **ON** or **OFF** flashes.
 7. Press **ST/SP+** to turn the alert on or off. When alert is on, **)))** appears and three beeps sound at the end of exercise time.
 8. Press **SET**. **EX** appears and the current exercise time flashes.
 9. Press **ST/SP+** to set the desired hours.
 10. Press **SET**. The minute digits flash. Press **ST/SP+** to set the desired minutes.
 11. Press **SET** to confirm.
- Make sure you fill in the target activity level and all the parameters in your user profile. Otherwise, the calorie count and % fat burned will not be available in training.
 - Leave out the heart rate limits if desired. The figures are automatically selected according to your inputs. If you enter heart rate limits, the lower limit must not exceed the higher limit.
 - **▲** or **▼** flash and a beep sounds if your lower or upper limits are exceeded.

Step Six

Attaching the Chest Strap

1. Prior to placing the strap next to the skin, moisten the area around the battery compartment, located inside the chest strap's padded center. For best results, moistening should be accomplished with conductive (EKG) gel.
2. Attach and adjust the chest strap as shown so that it fits snugly below the pectoral muscles across the chest. The position of the chest strap affects its performance. In dry, cold climates, it takes the heart rate chest strap a while to function steadily. This is normal.



Effective Range

The chest strap and watch start transmitting and receiving signals once batteries are in place. Both units should be worn or mounted within an effective distance of 30-45 inches. If the signals become unsteady, shorten the distance between the chest strap and watch, readjust the chest strap position, or check the batteries.

Step Seven

Activate Training Program

Put on your watch and attach your chest strap. Repeatedly press **MODE** until **TIMER**, the current set timer, and appear. Hold down **ST/SP/+** to activate the training program, and then press **ST/SP/+** again to start the timer. The training program starts with a five minute warm-up session and your current heart rate appears. Three short beeps mark the end of the warm-up session. You can skip the warm-up by holding down **ST/SP/+** when the warm-up session starts. To view the calories burned and % fat burn, press **SET** at any time when the training program is activated.

- You can stop the training program at any time by pressing **ST/SP/+**. Once it is stopped, it can be only restarted for another training session.
- The training program can run in the background while using other functions (except stopwatch). **TIMER** flashes to indicate the training program is still active.

Step Eight

Using the Stopwatch

The stopwatch measures your exercise time, heart rate, calories burned, and fat burned during exercise. Before using the stopwatch, you must first set the target activity.

1. Repeatedly press **MODE** until **STW**, the current stopwatch time, and appear.
2. Hold down **SET** until **T** and **ACT** appear, and the current activity score flashes.
3. Press **ST/SP/+** to select your activity score (**0**, **1**, **2**).
4. Press **SET**. **LOWER** appears and the current heart rate zone limit flashes. Repeatedly press **ST/SP/+** to select your lower heart rate limit (**30–220**).
5. Press **SET**. **UPPER** appears and the current heart rate zone limit flashes. Repeatedly press **ST/SP/+** to select your upper heart rate limit (**80–240**).
6. Press **SET**. **ALERT** appears and **On** or **OFF** flashes. Press **ST/SP/+** to turn the alert on or off. When the alert is on, appears.
7. Press **SET** to confirm.

8. Hold down **ST/SP/+** to start the stopwatch. Press **ST/SP/+** at any time to stop the stopwatch.
 9. When the stopwatch stops running, repeatedly press **MEM** to view the time you exercised within the selected training zone, total exercise time, average heart rate, and the number of calories and percent of fat burned.
- Notes:
- Make sure you fill in all the parameters. Otherwise, the calorie count and fat burned will not be available in training.
 - You can leave out the heart rate limits as desired. The optimal figures are automatically selected according to the parameter inputs.
 - If you choose to enter the heart rate limits, be sure the lower limit does not exceed the higher limit.
 - or flash if your lower or upper limits are exceeded. When the alert is activated, a two-beep warning signal sounds whenever the limits are exceeded.
 - The stopwatch can run in the background while using other functions (except the training program). **STW** flashes to indicate the stopwatch is still active.

Step Nine

Recalling Calories and % Fat Burned

- Press **SET** to view the calories burned and % fat burned during exercise.
- While in stopwatch mode, repeatedly press **SET** to view the calories burned and % fat burned after exercise.

Recalling Lap Memory

The monitor is equipped with a lap counter function. You can store up to 44 lap memories into the monitor.

While the stopwatch is running:

1. Press **MEM** to view the current lap number. In several seconds the monitor returns to the stopwatch view.

While the stopwatch is not running (in stopwatch mode):

1. Press **SET**. The lap number flashes.
2. Press **ST/SP/+** to view stored laps. Repeatedly press **MEM** to select the desired lap.

Care

Keep the monitor dry; if it gets wet, wipe it dry immediately. Use and store the monitor only in normal temperature environments. Handle the monitor carefully; do not drop it. Keep the monitor away from dust and dirt, and wipe it with a damp cloth occasionally to keep it looking new.

Specifications

Receiver Watch Power 1 CR2032
Heart Rate Chest strap Power 1 CR2032
Operation Temperature 41° F to 104° F
5° C to 40° C
Storage Temperature..... –4° F to 140° F
–20° C to 60° C
Water Resistance 30m

Replacing the Batteries

In the Watch

1. Hold the watch firmly and use a small, flat-blade screwdriver (not supplied) to press the spring-bars inwards and remove the watchband.
2. Use a small Phillips screwdriver (not supplied) to loosen the four screws on the back of the watch. Then remove the cover.
3. Remove the insulation sheet from the battery.
4. Use a pointed object to unlock the battery plate and remove the old battery.



5. Place a new battery in the compartment with its positive (+) side facing up.
6. Secure the back cover with the screws.
7. Hold the watch firmly and use the screwdriver to slide the spring-bars into their holes to secure the watchband.

In the Chest Strap

1. Use a coin to turn the battery compartment door in the direction of the arrow to remove it..
2. Remove the old battery.
3. Place a new battery in the compartment with its positive (+) side up.
4. Replace the battery compartment door.



Limited One-Year Warranty

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